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ECONOMIC OUTLOOK

Tech biz booming in Ontario

Ryan Tumilty
Metro | Ottawa

The most optimistic businesses in the country are in the technology sector and in Ontario, which should mean a robust economy in Ottawa next year, according to a new report.

The Business Development Bank of Canada (BDC) released a new report Monday, which Metro saw in advance, indicating 85 per cent of companies in Ontario plan to invest to expand their business in 2017.

In addition technology companies, which employ about 70,000 people in the Ottawa area are the most optimistic with the average company prepared to invest $410,000 next year.

Pierre Cléroux, chief economist for BDC, said a year ago companies were much more worried and much less likely to invest.

"This a big change compared to last year. Businesses are more confident about the economy than they were a year ago and this is translating into more investment intentions," he said.

Cléroux said businesses across the country are in better spirits than they were a year ago noting even Alberta, which struggled last year, sees a brighter 2017.

Several Ottawa technology companies including Shopify, QNX and Klipfolio have all announced new partnerships or expansion plans in recent weeks.

Cléroux said tech companies are well positioned to succeed next year, because the survey revealed that is where companies in all sectors plan to spend next year.

"On the demand side, this survey looks really good for the technology sector, because that is the number one area where businesses are planning to invest."

FPV Ottawa co-founder Dillon Nord pilots a small first-person-view drone by seeing what it sees through a pair of wireless goggles.

ADAM KVETON/FOR METRO

DRONE ON

Ottawa racing group itching to take their need for speed pro — 'without the risk'

metroNEWS

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Your essential daily news

Prince Charles has co-authored a children's picture book on climate change

Former Rough Rider wants province to fund treatment

MEDICINE

Rick Sowieta may have to go abroad in bid to tackle cancer

Dylan C. Robertson
For Metro | Ottawa

An Ottawa football veteran is fighting for his life, defying both an "inoperable" cancer and a province that won't fund his experimental surgery.

Rick Sowieta spent a decade as a linebacker, including as a three-time CFL Eastern All Star with the Ottawa Rough Riders, the Redblacks' predecessor.

Sowieta, who turns 63 on Monday, has run restaurants and completed marathons since leaving football. He had a blood clot five years ago, but test cleared him of any cancer risk.

But last February he had jaundice, problems moving and an ominous sense that something wasn't right. He went to the Ottawa Hospital, where he was diagnosed with Stage 3 pancreatic cancer. "A tumour had encased the main vain into the pancreas, so it was inoperable," said Sowieta. "Everything around you kind of goes fuzzy."

Amid exhausting chemotherapy, Sowieta researched surgeries and treatments across North America in a race against time.

Rick Sowieta is hoping an experimental treatment in Germany will save his life. SUPPLIED

> A tumour had encased the main vain into the pancreas, so it was inoperable. Everything around you kind of goes fuzzy.
> Rick Sowieta on finding out he had cancer

"This past December, we reached a point where we just had to do something," he said.

On February 23, Sowieta will undergo a surgery in Germany called irreversible electroporation. Also known as NanoKnife, the surgery destroys cancer cells by zapping tumours with electric prongs.

Ontario's health protocols forbid funding procedures abroad if they're "experimental or for the purposes of research or a survey."

The health ministry said Toronto's University Health Network uses a NanoKnife machine, only for certain hard-to-reach liver tumours that can't be cut or burned off. "Nanoknife (i.e. electroporation) is not standard of care in either liver tumors (sic) or pancreas tumours (sic) in Canada. The evidence for its effectiveness is limited," ministry spokesman David Jensen said in an email.

Last Monday, Sowieta asked for donations. "It was awkward, asking for funding. But (the) bottom line is that if I don't get this done, then I can't go. Family and friends talked me into it. The response has been incredible."

On crowdfunding page YouCaring.com, more than 250 donors have given just over half the $65,000 goal, as of Sunday afternoon. Sowieta says it's not fair that people crowd-fund medical bills. He worries less prominent people will get less support — so he wants to use his profile to change things. His mission: "Come back, get healthy and help people, to get this approved."

He's joined by Trent Hills Mayor Hector Macmillan, who underwent the same procedure in Germany through crowdfunding. Originally told he wouldn't survive Christmas, he feels "great" since the October surgery.

"It's just unfathomable in this day and age […] that they're turning their backs on us," said Macmillan. He's heard from scores of Ontarians pondering the procedure. "I see it as an atrocity."

4,800

Approximate number of Canadians diagnosed with pancreatic each year (not all are eligible for NanoKnife). Seventy five per cent die within 12 months while 92 per cent of patients die within 5 years of their diagnosis The lifetime probability of developing pancreatic cancer is approx. 1 in 79.
PANCREATIC CANCER CANADA

CSIS

Residents and spies in parking dispute

Ottawa's spies are easy to spot: they park their cars near the intelligence headquarters: at the local church, at Bobby's Pizza — and in the quiet Gloucester side street of Leigh Crescent.

"They don't like it being pointed out that they're breaking the law," said area resident Diane Day. She's among a dozen residents taking on employees of both the Communications Security Establishment Canada and the Canadian Security Intelligence Service.

Ever since both agencies opened a new Ogilvie Road building in 2013, Day says the streets have been crammed bumper-to-bumper, by people who walk directly into the near headquarters.

Day lives on Leigh Cres., which has a three-hour parking limit. She's seen people come with multiple sets of keys move multiple cars, to avoid a ticket. "They think we're stupid." Day started drawing chalk circles around the cars, marking the time they parked. "They would tell us to politely 'F-off' or 'get lost,'" she claims.

> They think we're stupid.
> Resident Diane Day on the CSIS and their parking tricks

City parking officials say they've issued more than 2,800 parking tickets on six streets near the building, which means roughly $150,000 in fines. Residents have been renting out parking spots, while others have had trouble backing out of their own driveways.

Earlier this month, Day says snow plows couldn't access the street to fix a clogged sewer, leading to a now-frozen sheet of ice. Councillor Tim Tierney recently had the city ban parking on the inside edge of Leigh Crescent, after firefighters complained they wouldn't be able to access that side's hydrants in an emergency.

"This village is getting destroyed. People can't have their friends over," he said.

DYLAN C. ROBERTSON

VIDEO

No charges following cyclist's stand off with pushy driver

Adam Kveton
For Metro | Ottawa

A video showing a cyclist using his bike as a shield while a car pushes down Bronson Ave. has resulted in no charges.

The video, posted Sunday by CFRA, shows a cyclist in a blue jacket off his bike and stopped in the intersection at Bronson Ave. and Slater St. A grey car is seen pushing him along, the bike between the cyclist and the car's bumper throughout the 39-second long video.

The cyclist can be heard yelling "no," at one point.

"No, you can't be doing this," says the man behind the camera, who was apparently the driver of another vehicle, which passed by the scene.

The video does not show what events may have transpired before the confrontation. While the video was posted on Twitter Sunday morning, the video was shot Wednesday, according to CFRA.

When the video was first posted, Ottawa Police Deputy Chief Jill Skinner's Twitter account tweeted that police were seeking witnesses, but the Ottawa Police Twitter account said that the incident was in fact investigated and that the "complainant did not wish to pursue charges."

In the video, the cyclist can be seen arguing with the driver who is driving at him aggressively. TWITTER/CFRA

HOME INVASION

Police seek two suspects

Ottawa Police are hoping the public can help them locate two suspects from a violent home invasion robbery in Centretown.

One man and two women were in an apartment on the 300 block of Cooper Street on Jan. 10 at around 2 p.m. when two men forced their way into the apartment, one of the men was carrying a handgun.

All three victims were assaulted, sustaining minor injuries and the man was driven to a nearby bank by a third suspect and forced to withdraw a large sum of money.

The man was driven back to the apartment and the two women were released, but the third suspect stayed behind with the man. Police were called and arrested the third suspect.

Justin Russell Connolly, 29 has been arrested and charged robbery, kidnapping and forcible confinement. Police are trying to locate two additional men for arrest on similar charges. METRO

IN BRIEF

Woman charged in $33,000 fraud case

An Ottawa woman has been charged with a $33,000 fraud from a local landscaping company.

Police announced the charges late Friday afternoon and have charged Sarah Cunningham with fraud over $5,000 and uttering a forged document. The allegations stem from a time-frame between Oct. 2015 and Oct. 2016 when Cunningham was handling the bookkeeping.

Cunningham was arrested on Jan. 13 and will make her first court appearance Feb. 13. METRO

Speed skaters from Ottawa and well beyond took part in the Provincial Long Track Speed Skating Championships at Brewer Park on Sunday. The members of this year's Team Ontario were selected at the event. ADAM KVETON/FOR METRO

Speed skaters off to the races at qualifier

SPORTS

Athletes seek spot on Team Ontario for national event

Adam Kveton
For Metro | Ottawa

It was off to the newly opened canal this weekend for many Ottawans, but those with a need for speed headed to the oval instead.

The Provincial Long Track Speed Skating Championships took place at Brewer Park on Jan. 14 and 15, with competitors six-years-old and up from all around competing — some for practice, some for glory, and some just for the fun of it.

But for the girls ages 11-29 and boys ages 12-29, the grand prize was a spot on Team Ontario. A group of up to five long track speed skaters in each age category are selected to represent Ontario at the Canadian Age-Class Long Track Championships in Edmonton on Feb. 4 and 5.

Fifteen-year-old Ottawa skater Claire Mallard was one of those who qualified, making this her fourth time earning a spot with Team Ontario.

"There were some ups and downs," said Mallard of the weekend. With the longer races her strong suit, Mallard said she struggled with races in the few hundred-metre range. But she came away with first place in the three-kilometre race with a time of five-minutes and thirty-two seconds.

Mallard said it's the adrenaline of skating at high speeds that makes the sport enjoyable for her. Though the longer races are even better. With the longer races, you are on your own, pushing yourself to the finish line, she said. "It's all up to you," said Mallard.

RIDEAU CANAL

As of Sunday morning, the Rideau Canal was open from the National arts Centre to the Bronson Avenue Bridge.

TRAFFIC

Drivers to be denied new plates over fines

Speeding scofflaws in Ontario will soon be feeling extra pressure to pay outstanding fines, as the province gives municipalities the power to deny them licence plates.

Under changes the Liberal government is set to enact in May, people who have not paid fines for driving-based offences, such as speeding and careless driving, won't be able to get or renew their plates.

The current plate denial regime only applies to vehicle-based offences, such as parking tickets and red-light fines.

Municipalities in the province are owed a combined $1.4 billion in unpaid fines for provincial offences, including those under the Highway Traffic Act. The Association of Municipalities of Ontario has been asking the government for more than a decade for more tools to collect that money.

Some of those fines date back 50 years and couldn't be feasibly collected, so the government is making the policy retroactive seven years.

About one-third of the defaulted fines are from the past seven years. Transportation Minister Steven Del Duca acknowledged that even with the changes, municipalities won't be able to collect all of the approximately $500 million, but it sends a strong message to people with fines.

"If they've managed to navigate the system to their benefit up until this point in time, it's that much harder now for them to do it," he said. "With any system that government puts in place there will always be those who will find creative ways to avoid playing by the rules, I suppose, but this is another opportunity for us to be able to get those fines collected."

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RESEARCH

It's time for time travel

A new grant aims to boost the importance of a University of Ottawa lab that helps researchers look back in time.

The Accelerator Mass Spectronomy Lab in Ottawa on the University of Ottawa campus is the only one like it in the country and it is helping to put dates on some important changes in Canadian history.

That's because one of the main functions of the machine is to carbon date materials using carbon isotopes. The method, whereby you take a piece of material, knock off molecules along with some isotopes and detect those isotopes, allows the lab to accurately date things up to 60,000 years old, said Liam Kieser, director of the laboratory.

One of the lab's recent jobs was to date the shaft of an arrow found in the Yukon.

Knowing the age of the wood should help in identifying when indigenous people there made the switch from spears to bows and arrows.

Another one of the machine's functions is to detect particular isotopes in places around the world, which help to reveal complex systems, such as tracing ocean circulation by finding a particular iodine isotope. It can also use iodine to look back as far as 16 million years, said Kieser.

The grant for $2.6 million over five years helps to show the importance of the facility, he said.

"(The grant) is recognizing that this facility is a national facility," Kieser said.

With equipment first installed three years ago, the spectrometer took about $5 million to construct, said Kieser. The lab takes more than $1 million a year to run.

ADAM KVETON/FOR METRO

Start your engines for drone racing in Ottawa

TECHNOLOGY

Co-founders aim to draw more people to the hobby

Adam Kveton
For Metro | Ottawa

Founder and co-founder of FPV Ottawa, David Cormier and Dillon Nord, show off their small and large racing drones.

ADAM KVETON/FOR METRO

Not all drones carry bombs, spy on terrorists or take beautiful landscape pictures.

Some are just made to go fast — up to 130 kilometres an hour — and to put you in the pilot seat.

These drones — or, more accurately, multi-rotor copters — do that by transmitting video from a small camera they carry. The signal is picked up wirelessly by a set of goggles that you wear while you're racing.

These are called FPV drones, and they are a combination of virtual reality and cutting-edge multi-rotor flight technology that can make you feel like you're soaring past trees or next to birds when you're in fact sitting in a lawn chair.

David Cormier and Dillon Nord, co-founders of FPV Ottawa, a business/community-building organization, are seeking not only to teach more people about FPV drones, but plan to organize a professional team that could compete around the world.

"It's feels like an adrenaline sport without the risk," said Nord of FPV drone racing. "It's like a real-life video game."

Nord got into the hobby after seeing a couple YouTube videos about FPV drones.

Cormier, on the other hand, came into the hobby from the photography side of the industry. He began what has now become FPV Ottawa about four years ago with the intention of opening a photography drone store, but the business is now focused on FPV drone racing and education.

The organization has seen interest grow, but hopes to introduce many more people to the hobby.

In addition to providing outdoor and indoor tracks that follow Transport Canada and airport regulations, FPV Ottawa is about to launch classes where students actually build their own drone.

For those already involved in the sport, FPV Ottawa is planning a competition this spring that will create a four- to five-person sponsored pro team that will compete nationally and even internationally.

130 km/h

Speeds reached by racing multi-rotor copters, called FPV drones.

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Indigenous voices on pipelines

FIRST NATIONS

Province's program aims to improve spill response

A new program in the works at Alberta's research and development agency aims to improve pipeline monitoring and spill response by enlisting more indigenous people.

Hundreds of thousands of kilometres of oil and gas pipes criss-cross the province, many in remote areas near the homes of First Nations and Metis people.

Ecologist Shauna-Lee Chai is hoping to get some traction for a feasibility study in the coming months into indigenous monitoring.

"We thought that this made perfect sense just because indigenous people have strong ties to the land," said Chai, who is with InnoTech Alberta, a subsidiary of the Crown corporation Alberta Innovates.

"They're often boots on the ground. They spend a good part of their day, many of them, practising their traditional rites: hunting, fishing, collecting berries and medicines."

Alberta has a program in the works that aims to improve pipeline monitoring by enlisting indigenous people in the effort. JEFF MCINTOSH/THE CANADIAN PRESS

InnoTech expects the first phase of a feasibility study would include reviews of existing industry practices and training programs, the design of a "pipeline monitoring 101" program and a market survey to determine job potential for trainees.

The next phase could involve training 10 to 15 indigenous people from at least three communities.

"If we could reduce the response time in people finding these leaks and affecting some sort of first response, I think that would go a far way," said Chai, who added participants could be taught to use drones or sniffer dogs to help detect pipeline problems.

> If this is land that their families have lived on for thousands of years, they know the land better than anybody.
> Byron Bates

Ron Mistafa, a dog trainer who spent several years in the Calgary police K-9 unit, said Chai approached him about getting involved in the nascent project.

"There's enough work and enough pipeline, especially old pipelines, to keep everybody busy," said Mistafa, head of Detector Dog Services International.

Byron Bates, a councillor with the Fort McMurray #468 First Nation, said getting indigenous people more involved sounds like a good idea.

"If this is land that their families have lived on for thousands of years, they know the land better than anybody," he said.

The community understands firsthand what can happen when something goes wrong with a nearby pipeline. In July 2015, a year-old pipeline ruptured at Nexen Energy's Long Lake oilsands site and spilled about five million litres of bitumen, sand and produced water southeast of Fort McMurray, Alta.

But Bates said benefits the industry has brought to the community can't be dismissed.

"If our First Nation had to live off the money we get from the federal government alone, we would be living in poverty." THE CANADIAN PRESS

DRUNK DRIVING

Harsher sentences called into question

Experts are questioning whether a recent trend toward stiffer sentences for those who kill someone while drinking and driving are doing much to solve the problem.

Earlier this week, an Ontario judge acknowledged that recent high-profile decisions have established new precedents for the sorts of sentences drunk drivers can face if they cause a death.

Justice Cary Boswell referenced several examples, including the 10-year sentence handed down to Marco Muzzo after he killed three children and their grandfather while intoxicated. He then continued the trend by sentencing Marcello Fracassi to six years behind bars for fatally striking a city worker.

Experts agree that judges have been handing down harsher sentences, saying only B.C. appears to be bucking the national trend. But they also say the tougher sentences fail in their stated aims of deterring drunk drivers.

Andrew Murie, chief executive of Mothers Against Drunk Driving Canada, said motorists are more deterred by the possibility of getting caught, not the consequences of a hypothetical tragedy.

"It's not a deterrent," Murie said. "It never has been, it never will."

The Traffic Injury Research Foundation (TIRF) said drunk driving has consistently accounted for nearly a third of deaths on Canada's roads for years.

TIRF Research Associate Steve Brown pointed to a number of proven deterrents that have emerged, including graduated licensing programs with zero tolerance for alcohol on young drivers and administrative suspension powers accorded to the provinces.

22%

Number of Canadians who admit driving within two hours of drinking, up 5 per cent from the year before, according to TIRF's 2016 Road Safety Monitor

But he shares Murie's views that stiff penalties are not a driving factor.

"There's going to be some people out there, it doesn't matter how strict the laws are, how tough the sentences are, there's this perception that they can get away with it," he said. THE CANADIAN PRESS

MILITARY

Commit to aid: Ukraine

Ukraine's envoy says his country is growing concerned about whether Canada will continue its future military support to his country to help it deter Russian aggression.

Canada has deployed 200 troops to Ukraine in a non-combat mission working with Ukrainian troops on marksmanship, communication, survival and ethics training. The mission is set to expire at the end of March.

But with thousands of U.S. troops arriving in Poland and neighbouring countries to bolster NATO forces, Ukraine is anxious to see an extension of Canada's commitment to it.

"It has taken us much longer than we expected to discuss the future format of our co-operation," said Andriy Shevchenko, the Ukrainian ambassador to Canada. Shevchenko suggested Canada might be wary in light of its upcoming military responsibilities in Latvia.

"Those people who sit in the Kremlin and plan their other terrible activities in Ukraine, the sooner they learn that the West and Canada is serious about future co-operation, the better it is." THE CANADIAN PRESS

HIV law is harder on women

HEALTH

Advocates highlight issues in criminalizing non-disclosure

There is a question that Saara Greene says comes up early when she speaks with HIV-positive women: "Would I get charged if I was raped?"

Greene, an associate professor of social work at McMaster University, said she and her team of community-based researchers hear this often during workshops with women about the criminalization of HIV non-disclosure.

That scenario has not happened, and would be unlikely, but Greene said she and her team hear it time and again as women who live with the virus explore how it impacts their everyday lives.

She said it highlights how the current regime surrounding the disclosure of HIV status can have a different — and sometimes bigger — impact on women than it does on men.

"The law, because it is blunt, wouldn't contextualize experiences of violence against women and the barriers that women experience in violent relationships to either disclosing, or feeling like they could even get involved with someone," said Greene.

The Supreme Court of Canada has ruled that the consent someone gives to sexual activity can be considered null and void if a partner fails to disclose, or lies about, his or her HIV status.

That can lead to a charge of aggravated sexual assault — the most common charge, although there have been others — so long as the sexual contact has either transmitted the virus to the complainant or put them at significant risk of contracting it.

The Supreme Court has said that someone who is HIV positive must disclose unless he — or she — used a condom and, on top of that, the amount of the virus in the blood is low enough to render the risk of transmission insignificant.

Justice Minister Jody Wilson-Raybould has said she is open to changing the law.

18

The number of women charged for offences related to HIV non-disclosure in Canada since 1989.

The Canadian HIV/AIDS Legal Network has counted at least 180 people charged for offences related to HIV non-disclosure in Canada since 1989.

Eighteen of them were women, with many being marginalized and having experienced some form of violence.

Advocates say the current criminalization of HIV non-disclosure ignores the power imbalance that can make it more challenging for women to reveal their status to their sexual partners, including the fear that it would one day be used against them.

"A 'he said, she said,' sort of thing," said Greene.

THE CANADIAN PRESS

Her Majesty's Penitentiary, a minimum-security penitentiary in St. John's, overlooks Quidi Vidi Lake on June 9, 2011. The number of assaults among inmates jumped last year in Newfoundland's largest jail. PAUL DALY/THE CANADIAN PRESS

NEWFOUNDLAND

'It's a tinderbox': Assaults soaring in Dickens-era jail

It opened in 1859, the year Charles Dickens' new novel A Tale of Two Cities transfixed readers with Dr. Manette's tormented imprisonment at the Bastille.

Built from stone, Her Majesty's Penitentiary in St. John's, N.L., was meant to be "stark, severe, forbidding." In its old basement dungeon, shackles were once used to keep inmates in solitary confinement. HMP was the site of at least five hangings.

"It's not a correctional facility. It's a penal institution," said Bob Buckingham, a criminal defence lawyer who often represents clients held at HMP.

There have been updates and add-ons to the original stone structure through the decades, creating an unwieldy labyrinth of modern units and old-style cells with barred doors.

Critics say it's an appalling Victorian-era throwback that should be bulldozed.

"The facilities themselves are barely beyond that of the medieval age," said Buckingham.

"It's understaffed, it's overcrowded, there's a lack of programs. The place is a tinderbox."

Assaults at HMP more than doubled to 41 in 2016 from 19 the year before and 20 in 2014, according to Justice Department statistics.

Some of those assaults were merely spitting, while others are the sort of bloody attacks shown on surveillance video played in court as Edward Owens was sentenced for aggravated assault.

The video shows Owens sucker-punching fellow inmate Glen Maher in the face as Maher watched TV with several other men on Feb. 23, 2015.

Maher is seen leaning over, blood pooling on the table, as Owens continues to hit him before pushing him to the floor. Photos taken after the attack show his left eye swollen shut, his jaw bruised and his face scratched.

Other major incidents at the penitentiary in recent years include the brutal ambush in February 2014 of an inmate in the chapel that led to charges against several others. Another riot in June of that year trashed a living unit, causing tens of thousands of dollars in damages.

"I worry about everybody's safety, obviously, whether you're an inmate or staff," Justice Minister Andrew Parsons said in an interview.

Buckingham said drug addiction, lack of help for mental health issues, more gang-related violence and double-bunking all add to tensions.

There has been talk for years of the need to replace the building, sitting on prime real estate overlooking an inner-city lake in St. John's.

The former Progressive Conservative government, before losing power to the Liberals in 2015, awarded a contract for initial designs of a new building. It included a conceptual floor plan and suggested location.

Progress stalled, however, as the crash of commodity prices gutted the province's offshore oil earnings and its economy slowed.

Parsons said he has raised the need for a replacement with his federal counterpart, Ralph Goodale. But with no funding commitments from Ottawa and the province facing a $1.6-billion deficit, Parsons is making no promises.

For now, Parsons is working to divert more people who can be better helped through addiction treatment, mental health supports and restorative justice.

THE CANADIAN PRESS

IN BRIEF

Report highlights stark wealth gap in Canada

The two richest Canadians have the same amount of wealth as the poorest 30 per cent of the country combined, according to a new report from a group of international aid organizations.

The Oxfam report says the wealth of billionaire businessmen David Thomson and Galen Weston Sr. equals that of about 11 million Canadians.

The group of organizations, under the banner group Oxfam International, published its report An Economy for the 99% ahead of the World Economic Forum in Davos, Switzerland, which begins Tuesday. The report also said that the world's eight richest people have as much wealth as the poorest 50 per cent of the world's population. THE CANADIAN PRESS

Parti Quebecois leader touts "Buy Quebecois Act"

The leader of the Parti Quebecois says he would quickly adopt a "Buy Quebecois Act" if he were to become premier.

Jean-Francois Lisee says the act would be inspired by the idea of a Buy American law in the United States and would stimulate Quebec's economy by encouraging the purchase of local products. He made the proposal during a speech at the party's national council meeting in Quebec City.

Later Sunday afternoon Lisee told reporters he doesn't believe prioritizing local purchases would conflict with free trade agreements.

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Nations push for two-state solution

MIDDLE EAST

Netanyahu says Paris conference 'rigged' against Israeli interests

Sending a forceful message to Israel's prime minister and the incoming Trump administration, dozens of countries Sunday called on Israel and the Palestinians to revive work toward long-elusive peace — including an independent Palestinian state.

The closing declaration at a Mideast peace conference in Paris urged both sides to "officially restate their commitment to the two-state solution" and disassociate from voices that reject this. It also warned them against taking one-sided actions that could hurt talks, an apparent reference to Israeli settlement building.

While the Palestinians welcomed Sunday's declaration, Israeli Prime Minister Benjamin Netanyahu called the conference "rigged" and cooked up to force Israel to accept conditions against national interests.

The French organizers argued the conference was necessary to keep hopes alive for a two-state solution between Israel and the Palestinians — the solution favoured by the international community for the past two decades.

Many members of Netanyahu's coalition want to abandon the two-state solution and expand settlements, and some have even called for annexing parts of the West Bank.

In a nod to Israel, the final declaration of Sunday's conference included criticism of incitement and "terror," a reference to Palestinian attacks. And some of the pro-Palestinian language in an earlier draft was removed after diplomats huddled in Paris.

THE ASSOCIATED PRESS

More than 70 diplomats gathered Sunday in Paris. THE ASSOCIATED PRESS

BAHRAIN

Rallies turn violent over triple execution

Bahrain on Sunday carried out its first executions since an Arab Spring uprising rocked the country in 2011, putting to death three men found guilty of a deadly bomb attack on police.

The executions of the Shiite men drew swift condemnation from human-rights groups and sparked intense protests by opponents of the Sunni-ruled government, who see the charges as politically motivated. Activists allege that testimony used against the condemned men was obtained through torture.

Hundreds of demonstrators took to the streets in several predominantly Shiite communities to protest the executions.

The rallies at times turned violent as youth hurled projectiles and petrol bombs while police responded with birdshot and tear gas, witnesses said. The sound of gunfire could be heard into the night.

Bahrain's public prosecution said the death sentences were carried out by firing squad.

The executions were the first in the U.S.-allied nation since 2010 and followed a spike in protests in solidarity with the convicted men.

Abbas al-Samea, Sami Mushaima and Ali al-Singace were found guilty in 2015 of killing two Bahraini policemen and an Emirati officer deployed to bolster the country's security forces in a bomb attack the previous year. A court upheld their death sentences last Monday.

THE ASSOCIATED PRESS

Protesters block the road in the Jidhafs district of Bahrain, on Sunday after authorities executed three men. THE ASSOCIATED PRESS

IN BRIEF

Syrian military shelling leaves 12 villagers dead

Syrian government forces shelled a village in a rebel-controlled area near Damascus on Sunday, killing at least 12 civilians and injuring several others who were taking shelter in a banquet hall. The violence in the water-rich Barada Valley, has raged since Dec. 22. On Sunday, shells fell on al-Reem banquet hall in Deir Qanoun village in the valley that houses hundreds of civilians seeking refuge.

THE ASSOCIATED PRESS

Riot at Brazilian prisons kill 26 inmates: Officials

Twenty-six inmates were killed in eruptions of violence inside two prisons in northern Brazil, officials said Sunday as they quelled the latest in a string of jail disturbances across the country in which 100 people died over two weeks. State security officials said fighting between rival gangs broke out Saturday at two adjacent prisons near Natal. Officials waited until Sunday before trying to regain control, said officials. THE ASSOCIATED PRESS

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SERBIA AND KOSOVO

Train sets off crisis in Balkans

A Serbian train halted at the border with Kosovo and bearing signs reading "Kosovo is Serbian" has fuelled a major crisis in the Balkans and escalated a potential Russia-West row over dominance in the war-torn region.

Serbia accused Kosovo's leaders on Sunday of "wanting war" and warned that it would defend "every inch" of its territory, a day after the train, provocatively decorated in Serbian Christian Orthodox symbols and flags, was prevented from entering the neighbouring nation.

Kosovo, supported by much of the West, declared independence from Serbia in 2008. But Serbia and its Slavic Orthodox ally, Russia, do not recognize the split. Serbia has sought to maintain influence in Kosovo's north, where most of the country's Serb minority lives.

Kosovo Prime Minister Isa Mustafa said he had contacted the U.S. and the European Union.

"The time of provocation, conflicts and wars should belong to the past," Mustafa said.

THE ASSOCIATED PRESS

DISASTER

Protect migrants, Pope says as sea search goes on

Pope Francis demanded Sunday that "every possible measure" be taken to protect young refugees, as search-and-rescue efforts continued off Libya's coast following the latest deadly migrant shipwreck.

Italy's coast guard said only four people survived the sinking of a migrant ship carrying around 100 people. THE ASSOCIATED PRESS

Sen. Elizabeth Warren has pushed back against several of President-elect Donald Trump's decisions in just the past few weeks.

GETTY IMAGES; THE ASSOCIATED PRESS

Warren vs. Trump

U.S. POLITICS

President-elect's top Democratic foil embracing the fight

Donald Trump's election has propelled Sen. Elizabeth Warren into an even sharper partisan spotlight as she embraces her role as a top Democratic foil to the Republican president-elect.

In just the past few weeks, Warren has penned a scathing 16-page critique of Trump's nominee for education secretary, Betsy DeVos; grilled his pick for housing secretary, Ben Carson; co-sponsored legislation requiring the president and vice-president to disclose and divest any potential financial conflicts of interest; and signed onto legislation to block the creation of a federal religious registry.

The Massachusetts Democrat is leaning on every lever of power she has — from her fundraising prowess to her social media accounts — to position herself as a leading voice of a party in political exile.

"My priorities haven't changes since the day I got into office," Warren said.

> **What the Republicans are doing is irresponsible and cruel.**
> Elizabeth Warren on the push to repeal Obamacare

"I see my job as making sure the voices of ordinary people aren't drowned out in Washington by those who have money and power."

Her list of grievances with Trump is long and growing longer.

But in a shift from the campaign, when Warren lobbed Twitter grenade after Twitter grenade to get under Trump's skin, she says her criticism is now more focused on her top priority: the economic well-being of middle- and working-class families.

She has excoriated Trump's pick for Treasury secretary, Steven Mnuchin, saying he profited from the foreclosure crisis; called out Trump's Department of Labor nominee, fast food entrepreneur Andrew Puzder, after hearing from workers who said they were underpaid, had their wages stolen, and were forced to work in unsafe conditions; and vowed to fight to protect President Barack Obama's health-care law and preserve the Consumer Financial Protection Bureau, which she helped create.

"The Republicans have put us on the path to repealing the ACA (Affordable Care Act), and that will make a profound difference in the lives of millions of Americans," Warren said. "I'm all for making the ACA better, but not for throwing it out. What the Republicans are doing is irresponsible and cruel."

Warren won't say whether she is prepping for a possible 2020 run for president, although she has announced plans to run for re-election in 2018, making the case for a second term in part by again pointing to "Donald Trump and his team of billionaires, bigots, and Wall Street bankers" in an email to supporters.

THE ASSOCIATED PRESS

DONALD DIGEST

A roundup of other news about the president-elect

Outgoing CIA chief rips into Trump on Russia threat

The outgoing CIA director charged on Sunday that Donald Trump lacks a full understanding of the threat Moscow poses to the United States, delivering a public lecture to the president-elect that further highlighted the bitter state of Trump's relations with American intelligence agencies.

John Brennan's pointed message on national television came just five days before Trump becomes the nation's 45th president.

Kremlin counts days to inauguration, blasts Obama

With eager anticipation, the Kremlin is counting the days to Donald Trump's inauguration and venting its anger at Barack Obama's outgoing administration, no holds barred.

Russian officials dropped all decorum after Obama hit Moscow with more sanctions in his final weeks in office, calling Obama's team a "bunch of geopolitical losers" engaged in a last-ditch effort to inflict the maximum possible damage to U.S.-Russia ties.

Thousands rally to resist health law repeal drive

Thousands of people showed up in freezing temperatures on Sunday in Michigan to hear Sen. Bernie Sanders denounce Republican efforts to repeal President Barack Obama's health care law, one of dozens of rallies Democrats staged across the country to highlight opposition.

Labour unions were a strong presence at the demonstration in a parking lot at Macomb Community College in the Detroit suburb of Warren.

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When trademarks become offensive

FIRST AMENDMENT

Law restricting names is pitted against free speech

The Slants aren't exactly a household name when it comes to music, but the Asian-American rock band has certainly made its mark in the legal world.

The Oregon-based group has spent years locked in a First Amendment battle with the government, which refuses to register a trademark for the band's name because it's considered offensive to Asians.

That fight will play out Wednesday in the nation's highest court as the justices consider whether a law barring disparaging trademarks violates the band's free-speech rights.

For Slants founder Simon Tam, the name was chosen not to offend, but to take on stereotypes about Asian culture. He says the band is reclaiming a term once used as an insult and transforming it into a statement of cultural pride.

"Words aren't equipped with venomous impact on their own," he said in an interview. "They have to be tied to motive and rooted in context."

But the U.S. Patent and Trademark Office didn't see it that way. It refused to register the name in 2011, saying a trademark can be disparaging even if it's meant to be used in a positive light.

A divided federal appeals court handed the band a victory four years later, ruling that the law prohibiting offensive trademarks is unconstitutional.

If the decision is upheld, the government warns it will be forced "to register, publish and transmit to foreign countries marks containing crude references to women based on parts of their anatomy; the most repellent racial slurs and white supremacist slogans; and demeaning illustrations of the prophet Mohammed and other religious figures."

Yet the trademark office has approved plenty of crude and offensive trademarks in the past. Those include: Afro Saxons and Dago Swagg clothing, Baked By A Negro bakery products, Retardipedia and Celebretards entertainment services, and the hip-hop band N.W.A., an acronym that includes a racial slur against African-Americans.

THE ASSOCIATED PRESS

REDSKINS

The Washington Redskins had hoped to piggyback on the Slants case and have the Supreme Court hear their dispute at the same time. While the justices declined the request, a Virginia federal appeals court has put their case on hold pending the outcome of the Slants case.

ELECTRONIC WASTE MOUNTAIN FINGER POINTS TO CHINA The waste from discarded electronic gadgets and electrical appliances has increased by two-thirds in East Asia over five years, posing a growing threat to health and the environment unless proper disposal becomes the norm. The United Nations University says China is the biggest culprit with its electronic waste more than doubling. Rising incomes in Asia, burgeoning populations of young adults, rapid obsolescence of products due to technological innovation and changes in fashion, on top of illegal global trade in waste, are among factors driving the growth.

TATAN SYUFLANA/THE ASSOCIATED PRESS

TRADE

Canada must brace for Trump era, adviser says
The head of the Trudeau government's influential council of economic advisers recommends Ottawa stay agile, just in case Donald Trump delivers on vows that could have severe implications for Canada. Dominic Barton, the global managing director of consulting firm McKinsey & Co., cautioned that Trump's pledges on trade and taxation must be taken seriously in Canada.
THE CANADIAN PRESS

Britain toughens stance
Britain's leaders on Sunday signalled their resolve to play hardball in talks with the European Union, suggesting they will look for partners elsewhere if the bloc restricts access to its huge market. The comments come amid a standoff over migration into Britain. While Britain wants to curtail immigration from Europe, the EU says the U.K. must abide by rules guaranteeing the free movement of people if it wants to retain tariff-free access. THE ASSOCIATED PRESS

TransAlta's Brazeau hydroelectric project is looking at is dusting off half-century-old plans to pump stored water to the existing hydro plant in times of need.
CONTRIBUTED TRANSALTA/THE CANADIAN PRESS

POWER PLANTS

Renewable energy poses new challenge

The rise of renewable power has created a need for energy storage that companies are fulfilling with underwater balloons, multi-tonne flywheels and decades-old designs.

The need for energy storage comes from the temporary and sometimes unpredictable nature of renewable energy. The wind doesn't always blow and the sun doesn't always shine.

Power companies and utilities have been looking to compensate for that with what amount to giant batteries and smooth out delivery, storing energy in times of low demand and distributing it when demand is high.

Northland Power has been developing a 400-megawatt pumped storage project that takes the form of an old flooded mine, sitting on a plateau just outside of Marmora, Ont.

The project pumps water up into the mine pit when there's extra energy, and then lets it run out through a turbine when more energy is needed.

Meanwhile, TransAlta Corp. is dusting off half-century-old plans to expand its Brazeau hydroelectric project. Similar to Northland's Marmora project, the pumped storage operation would allow the plant to pump water back up to the reservoirs of the existing hydro project. The project was slated to be the company's next hydro project in the 1960s before coal power became economical in Alberta.

THE CANADIAN PRESS

metro VIEWS
METRO FOCUS ON ACTIVISM!
Your essential daily news
Monday, January 16, 2017

All week, up to the inauguration, Metro's columnists will be thinking out loud about activism and social movements

URBAN ETIQUETTE **ELLEN VANSTONE**

THE QUESTION
How do I tell my friends that they're wrong to disparage the Women's March in Washington?

Dear Ellen,

When I heard about the Women's March in Washington on January 21, I immediately signed up and thought all my friends would too. But some of them think it's a silly idea. How do I politely tell them they're wrong, and that all people should be mobilizing for women's rights?

Maddie

Dear Maddie,

Indeed. I'm constantly shocked when people I'm close to don't agree with my point of view. I feel the world would be a much better place if everyone thought and acted as I did — though I admit there would be less fine cooking and probably way too many people cutting their own hair.

I too signed up for the women's march the second I heard about it. And even if going to Washington isn't feasible, or affordable, for some, I figured every reasonable, decent person I knew would want to support the march, or join a local event in support of it, or at least "like" the effort on Facebook.

Nope. Not only did some friends reject the idea, my best friend from Grade 1, who moved to the U.S. years ago, told me on Facebook that she voted for Trump.

Before the election, I would've argued with her, or at least cut her off. Since the election, I've reconsidered my approach. I'm not as smug as I used to be. I'm really sick of angry divisiveness. Instead of clobbering people with my superior beliefs, or acidly mocking theirs, I figure it's time to stop talking and start acting in a way that might do some good in the world.

So while I don't understand how my otherwise reasonable, decent American friend could support such an unreasonable, indecent candidate, I'm ready to listen to her reasons if she ever wants to discuss them with me.

In the meantime, I'll march in Washington this Saturday — not as an act of dissent or display of anger. But in an effort to promote the values that so many people before us have fought and too often died for.

I'll march to draw attention to the "women's" issues that actually affect men. As former UN Secretary General Kofi Annan once pointed out, gender equality is good for men and women: "Families are healthier, they are better fed, their income, savings and reinvestment go up."

I'll march as a role model so girls and boys can see people standing up for what they believe in in a democratic society.

I'll march because this event isn't just about sexism; it's also about the damage our patriarchy does to people of colour, and to individuals who are gay, lesbian, transgender, disabled.

I'll march as a message to the Trump knock-offs in Canada who are currently vying to lead the Conservative Party. I won't give them any free ink by naming them here.

So, Maddie, don't worry about friends who don't understand. Those of us who do march will help spread a message of strength and hope for women, men and children of every stripe, everywhere.

FIELD GUIDE An activist needs an active mind

Social movements involve action but also learning and study. In his book Learning Activism, Prof. Aziz Choudry of McGill University argues intellectual work in social movements is underappreciated, and that anyone who wants to fight for change needs to first find "access to what others have learned, in the past, or elsewhere, from a different positioning in society."

VICKY MOCHAMA

In case of apathy, open this box

When George Zimmerman was found not guilty of the murder of Trayvon Martin, I was furious. Not at the verdict but at the people around me.

(The verdict seemed oddly foretold; black people's weariness and skepticism of the justice system isn't a matter of cultural indifference but of evidence-based policy.)

The people around me at the time — most of them white — were silent and remained so while I embarked on a reckoning. Twitter, where I had been following the trial, became my classroom. Black people became my teachers. Black women, especially, gave colour and context to experiences I had dealt with my whole life.

But my white friends — smart, kind, humane people — had been left behind. Which is why I was intrigued by the premise of Safety Pin Box. Created by two Black Lives Matter activists from Seattle, Safety Pin Box is a monthly subscription service that is trying to develop true allies out of white people. Building on the idea that safety pins could be worn as symbols of safety and allyship, the company wants to turn away from symbolic gestures and towards real actions toward cultural change.

I spoke to Marissa Johnson, one of the company's founders. "It's not policy that drives social change," she said. "It's culture. What we're really trying to do is change the culture and change the social norms around white."

The company's creators have taken from their activism — Johnson once disrupted a Bernie Sanders speech to speak out against police brutality — and woven it into the fabric of Safety Pin box.

Each month, subscribers receive a series of tasks and questions designed around a theme related to black political life. One example Johnson gave was of an elderly black women. By asking questions — "Where are older black women in your community? Where do they spend time?" — they highlighted an often overlooked contingent of the black activist community. As a result, Johnson said one subscriber, an Uber driver, now offered free rides to elderly black women when he could.

Safety Pin box isn't the only company to form around activist ideas. Noir Reads is a recently launched subscription service that delivers books by black authors from across the globe. Signalling one's politics for a profit isn't revolutionary: let she who did not wear a Che Guevara shirt throughout high school cast the first stone. But to do so in a way that deepens and continues the fight for radical change is.

As Johnson says, "White guilt is good when it motivates you to do better."

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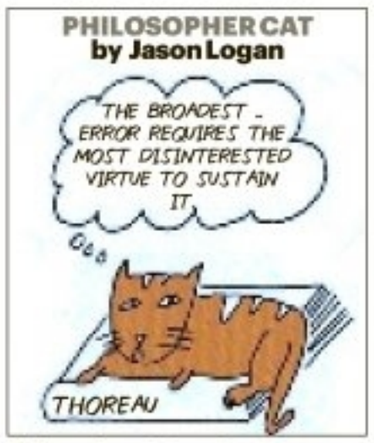

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metro LIFE

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Monday, January 16, 2017

20%

With a median household income of $40,581, millennials earn 20 per cent less than boomers did at the same stage of life, according to new analysis.

Reel politics of horror movies

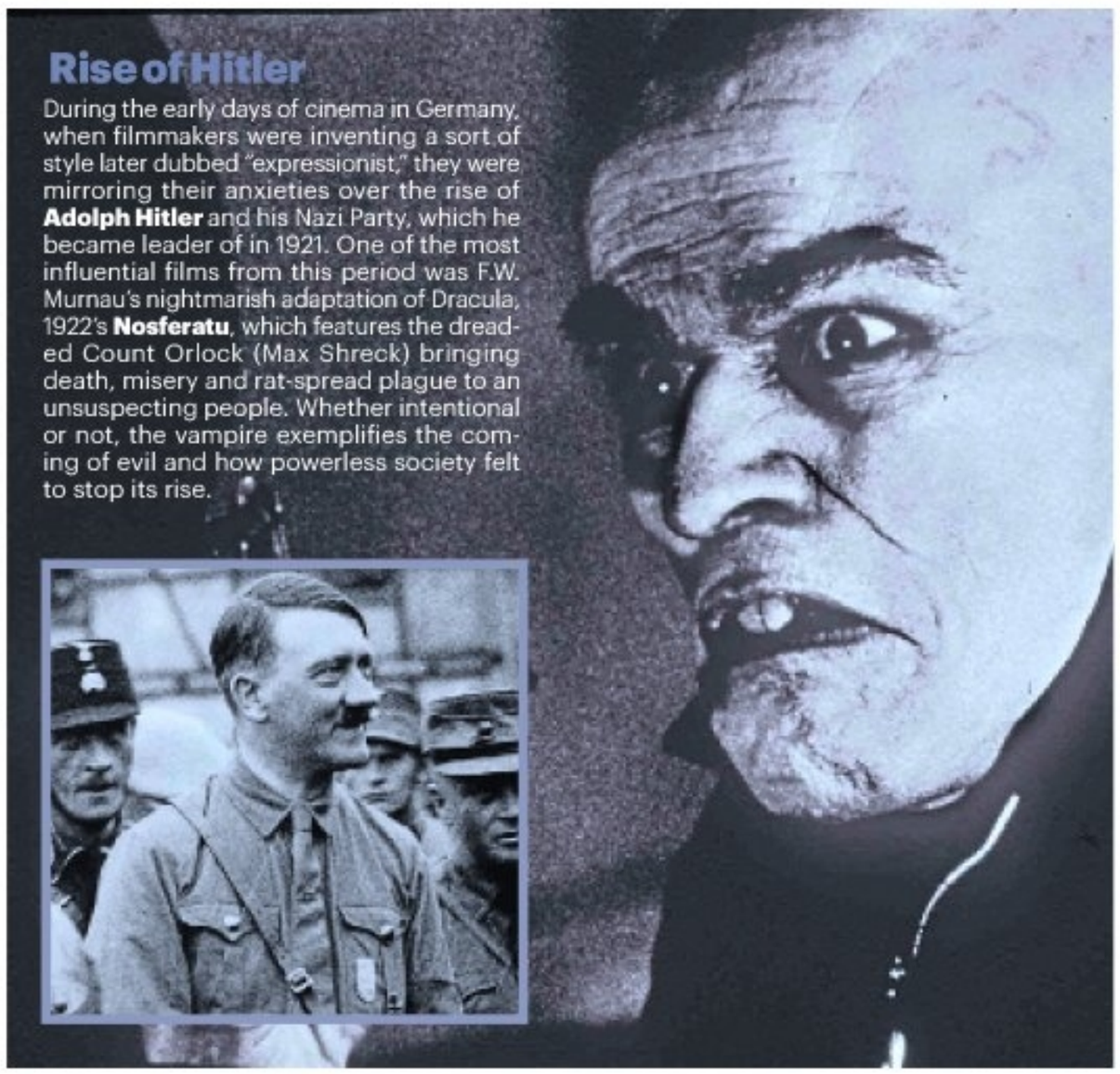
CULTURE

Best genre films made in time of social upheaval

Chris Alexander
For Metro Canada

There are a great number of human beings on the face of this planet who are dreading Jan. 20. For them, the day represents an affirmation that, despite the progress we've made globally as a civilization, a certain kind of regressive thinking has trumped all. On Inauguration Day, an allegedly sexist, xenophobic, socially volatile Twitter bully becomes the leader of the free world.

While you cannot rightly predict the future, a majority of those in the arts are aghast at what may come. The good news: when creative-types are afraid, their juices start-a-flowing. And, if said types just happen to make horror movies, well, buckle up, suckers! Horror history has proven the greatest and most influential movies in the genre sprout up when there is social and political unrest.



MOVIE IMAGES: HANDOUT PHOTOS. ALL OTHERS PHOTOGRAPHS: GETTY IMAGES

Rise of Hitler

During the early days of cinema in Germany, when filmmakers were inventing a sort of style later dubbed "expressionist," they were mirroring their anxieties over the rise of **Adolph Hitler** and his Nazi Party, which he became leader of in 1921. One of the most influential films from this period was F.W. Murnau's nightmarish adaptation of Dracula, 1922's **Nosferatu**, which features the dreaded Count Orlock (Max Shreck) bringing death, misery and rat-spread plague to an unsuspecting people. Whether intentional or not, the vampire exemplifies the coming of evil and how powerless society felt to stop its rise.

Today's anxieties

B-Movie legend Roger Corman has just released the film Death Race 2050, a violent, satirical sequel to his equally outrageous 1975 cult favourite Death Race 2000. Both films depict a blood-hungry, disenfranchised America addicted to a car-racing game show that sees its WWE-esque driver/gladiators mowing down the weakest pedestrians for extra points and audience enthusiasm.

"I felt the time was right for another Death Race," 90-year-old Corman said about the film, which features a Donald Trump-esque dictator (played by a comb-over sporting Malcolm McDowell) lording over the country, now called The United Corporations of America. "I am worried about what is happening now, let's put it that way. But I believe in the Constitution. I believe strongly that the values of the American Constitution will prevail."

Since Corman, who has made hundreds of movies over the past 60 years, has seen numerous governments and politicians rise and fall, we are cautiously optimistic he's right.

No matter what happens, many film fans are intrigued to see the inevitable wave of confrontational and reflective horror films to come — like Jordan Peele's race-based shocker Get Out, in which a young black man becomes trapped in a secret white suburb that turns its African American residents into mindless, grinning drones; or the socio-political zombie movie The Girl With All the Gifts, wherein a dying world under siege by a fungal zombie plague uses its infected children as test subjects and worse; and the health-care allegory A Cure For Wellness, in which a sinister high-end spa keeps its patients deathly sick so that they'll never, ever leave. The world may be going mad, but macabre moviemaking is alive and thriving.

Roger Corman

World War II

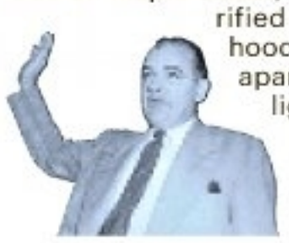
While Hitler was taking over Europe in the 1930s, many of the key expressionist filmmakers in Germany fled to Hollywood, where they were hired to make the first wave of American horror films. They included cinematographer Karl Fruend who would direct such essential films as 1932's **The Mummy** (the likes of which will see a remake released this year). Though more romantic in nature, the monster movies of the 1930s tapped into the unease of a country that feared that transformation was coming, that the Frankenstein monster was a First World War-defeated Germany rising to get revenge.

Post War

As the Second World War progressed, the supernatural horror film gave birth to the morally ambiguous and wildly cynical films of the "noir" subgenre, in which human monsters were a far more urgent threat on the home front. **When the war ended with a nuclear explosion**, the Japanese gave us **Godzilla** (1954), a long-dormant, city-levelling mutant woken up by the bombing of Hiroshima. America answered with their own brand of radiated beasts, like the giant ants in 1954's Them and an endless spate of apocalyptic horrors that only got more savage as the Cold War raged and fears of impending nuclear holocaust became a palpable reality.

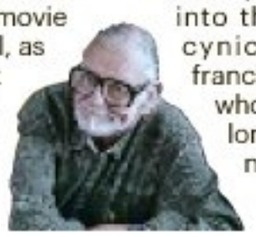
The Red Scare

With the Cold War came **Senator Joseph McCarthy's communist witch hunt** and the terror of losing one's identity. On screens were paranoid "alien invasion" movies like 1956's **Invasion of the Body Snatchers** (with "pod people" de-humanizing average citizens) and later Rod Serling's influential TV series The Twilight Zone, which features such episodes as The Monsters are Due on Maple Street, where a terrified neighbourhood tears itself apart when the lights go out and their machines stop working.



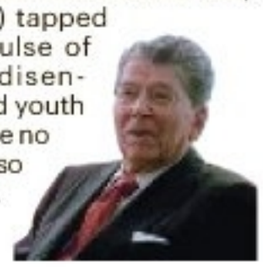
Vietnam War

With the start of the Vietnam War, American families were treated to daily scenes of death and misery in their homes on the six o'clock news. The Civil Rights movement swelled too, with the lid ripped off the seething sheen of racism that lurked everywhere. Horror films answered the reflective mood. **George A. Romero's landmark 1968 horror movie Night of the Living Dead** had an African American hero who is killed at the climax. Though Romero claims the movie was not intentionally political, as he was driving to New York for its premiere, he turned on the radio to learn that Martin Luther King had been assassinated. Intentional or not, art was reflecting life.



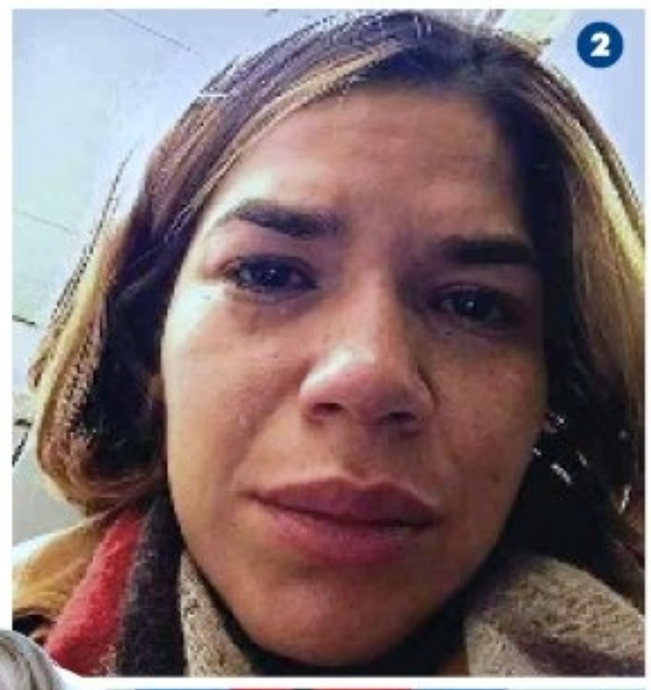
'80s and '90s

Despite the ire raised by angry censors and religious groups, the slasher movies of the **Ronald Reagan**-era 1980s (like Friday the 13th and **Nightmare on Elm Street**) were in fact incredibly conservative. In them, young people who transgress and sneer at conservative values are cut to ribbons while only the virginal and virtuous survive. In the 1990s, with George H.W. Bush and the Gulf War, Scream (1996) tapped into the pulse of cynical, disenfranchised youth who were no longer so naïve.



Celebs set to march for women

Celebrities may be dropping out of Donald Trump's inauguration festivities faster than you can say "social media backlash," but Hollywood is turning out in force for the Women's March on Washington. Here are the most notable names, and some influential Canadians, who will be making their voices heard in Washington D.C. and at local marches on Jan. 21. GENNA BUCK/METRO



1. Katy Perry

The Firework singer, who stumped for Hillary Clinton during her campaign, declared on Twitter "SISTERS ARE DOIN' IT FOR THEMSELVES!" as she announced her plans to attend the march.

2. America Ferrera

The Superstore actress took this selfie that shows tears on her face after Trump got elected, saying she was experiencing grief and sadness. Ferrera has since mobilized into action, once again. On Saturday she Instagrammed this poster with the caption "My brown, immigrant, vagina-having ass will be there!"

She will chair the artist table at the march in D.C. "As artists, women, and most importantly dedicated Americans, it is critical that we stand together in solidarity for the protection, dignity and rights of our communities," she said in a statement.

3. Chelsea Handler

The TV host and veteran stand-up comic will lead a sister march in Park City, Utah, one of hundreds of solidarity marches planned around the United States and the world.

4. Amy Schumer

This politically outspoken comedy darling called Trump a "an orange, sexual-assaulting, fake-college-starting monster" at one of her shows. She Instagrammed a photo of herself wearing Pussyhat Project gear last week, writing "See you at the march!"

5. Scarlett Johansson

The Avengers actor is a longtime supporter of Planned Parenthood. She told Variety that attacks on reproductive choice from Trump and Republicans are "pretty terrifying." She said she's attending the march to make her voice heard and stand up for what she believes in.

NOTABLE CANADIANS SUPPORTING THE MARCHES ACROSS CANADA AND IN THE U.S.

KYLE PRETZLAFF/VIA NASRA ADEM FACEBOOK

Nasra Adem
Edmonton's Youth Poet Laureate and curator of Sister 2 Sister arts collective will share a poem in Edmonton.

k.d. lang
The singer is attending the march in Calgary.

Sandra Jansen
The member of legislative assembly for Calgary North West is scheduled to speak.

Francyne Joe
The head of the National Native Women's Association of Canada is speaking in Ottawa.

Béatrice Vaugrante
The general director of Amnesty International Canada will speak in Montreal.

Social media
Former Torontonian Samantha Bee is reportedly attending in D.C., while Ontario MPP Cheri DiNovo, actress Pamela Anderson and singer Joel Plaskett have tweeted support for the marches.

YOU CAN DO THIS HEALTH CARE AIDE

Giving support with a smile

WHY I LIKE MY JOB

Ola Williams, personal support worker, Jodal Healthcare, Toronto.

I have a degree in communications — I worked for National Geographic and National Bank in the U.S. — and came to Canada after the recession. I was talking to a good friend who was a personal support worker, and she was telling me about autism. I was intrigued.

I went to school at the Yorkdale Community Centre to get my PSW Certificate and I fell in love. I specialize in autism and work with a number of different clients. I go to their residences and help them with their hygiene (like taking showers), cooking and taking care of their house. I also help them get to their doctor's appointments, and sometimes with leisure. Every day is different.

I don't do this job for the paycheque. I love this job because of my clients: We bond over little things — sometimes it's watching a TV show or playing in the snow. I just like making people's day and brining a smile to their faces. I'm very blessed.

ISTOCK

THE BASICS: Home Health Care Aide

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Data was provided by payscale.com, trade-schools.ca, onetonline.org, personalsupportworker.com, stats.can.gc.ca and ontariocolleges.ca

HOW TO START

Those looking to get into at-home health care will need to get a PSW certificate from an accredited college or program. Applicants are typically required to have a high school diploma or equivalent, and can expect to take courses in anatomy and physiology, as well as explore the various types of ailments that may require home health care. Drivers' licences and a vehicle are common job requirements as many home health care aides have to transport clients to and from appointments.

WHERE YOU CAN GO

With an aging population (one in four people will be over the age of 65 by 2036) and an industry that is chronically understaffed, according to Statistics Canada, there is a large demand for home health aides. As a result, there are jobs available in virtually every municipality, usually through placement agencies (such as Jodal Healthcare where Williams works). There are also opportunities to work directly for families in private home care agreements.

NEXT CAREER STEP

For those looking to grow or move in their career, PSWs don't just work in private homes. There are opportunities in group and nursing homes, hospitals and with other non-profit organizations, which will often result in a slightly higher income.

ADVICE

Preparation before renovation

Ali Bisram has less-than-fond memories of her basement bathroom renovation project.

"It was supposed to be around $2,500 to $3,000. We just wanted to replace the toilet and the vanity and put in a smaller shower, a little corner unit," says Bisram, a 35-year-old government administrative co-ordinator in Brampton, Ont.

"But when you open up the walls inside a 120-year-old home you don't know what you'll find."

Problems included a toilet with unconnected "Frankenstein plumbing" flushing directly into the ground, not to mention the uninsulated speaker cables masquerading as house wiring discovered beneath the demoed shower wall. Two years and about $20,000 later the renovation was completed, during which Bisram and her wife had the work done in instalments to keep up with the escalating costs.

Bisram says she learned a key lesson about budgeting for any future home renos: Hope for the best, but plan for the worst.

For Adam Mernick, a general contractor and owner of Inglewood Restorations Ltd. in Toronto, any project he tackles must include contingency costs of 30 to 50 per cent to cover issues that crop up.

"I always go into it assuming there will be structural, plumbing and electrical problems," he says. "If you're hiring a contractor you need someone who is going to be honest and upfront and not try to promise you the moon during the first meeting. If a price sounds too good to be true it probably is."

When it comes to renovations, experts say one area where you should never skimp on is a reputable contractor. ISTOCK

Mernick's advice is to get at least three quotes from different insured contractors to get a sense of what a project should cost — accounting for everything from materials and labour to licensing and permits.

Often home owners don't have realistic expectations when it comes to the actual cost of a project, adds Toronto-based interior designer Lisa Canning.

"I do a lot of two-hour consultations with people who want to start a kitchen renovation. My first question always is 'what's your budget?' The response I get is big, glassy eyes. The hadn't even thought about it," she says.

Canning says it's only after a reasonable budget has been established that you can actually starting planning. "Even if your kitchen budget is small, we can get creative so you can afford a beautiful countertop like stone or marble," she says.

Doing rudimentary demolition on your own, such as taking down drywall or removing old cabinets with a sledgehammer, is another way to trim a budget, she adds. But if you still find your dream reno is out of reach after exhausting all your options, both Canning and Mernick advise putting it on hold while you save.

"If you're making your home safe that's a priority, but if you're renovating just because you want to there's no urgency," Canning says. THE CANADIAN PRESS

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"There are certain games that you want to get up more so than others": The Warriors' Draymond Green on tonight's game in Cleveland vs. the Cavs

Ottawa slider wins bronze

SKELETON

Rahneva shares World Cup podium with teammate

Calgary's Elisabeth Vathje and Ottawa's Mirela Rahneva won gold and bronze respectively on Sunday at a skeleton World Cup event in Winterberg, Germany.

Vathje slid to a golden time of 58.02, while Rahneva clocked in at 58.14 for the bronze in the weather-shortened one-run race. Germany's Jacqueline Loelling was second at 58.12.

"It is pretty cool and surreal to be back on top of the podium," said Vathje. "I love coming to Winterberg and have always enjoyed this track. I had an inkling that I could win here today, even though Jacqueline (Loelling) is incredible on this track. We always have a great battle here."

It is the second podium for the hard-working Rahneva in just her fourth race. Her first podium in Europe, she also slid to the bronze at a World Cup stop in Lake Placid, N.Y., just prior to the holiday break.

Elisabeth Vathje, left, and Mirela Rahneva
DPA VIA THE ASSOCIATED PRESS

"I had a rough week in Altenberg, but I knew it was important to stay strong and positive. It was nice to come here and do well," said Rahneva. "I must have visualized 100 runs this week and continuously practised laying on my sled. To be able to materialize it on the track is a great feeling."

North Vancouver's Jane Channell finished in 12th at 58.86 despite putting down the fastest start time in the field.

It was the first time in four years that two Canadian skeleton athletes shared the World Cup podium. The last two Canadians to reach the podium together were Sarah Reid and Mellisa Hollingsworth when they finished one-two in Lake Placid during the 2012-13 season.

"It's awesome to have two of us on the podium and really shows the depth of our program," said Vathje. "I really hope we can get Jane up there on the podium with us. All three of us are forces to be reckoned with. We love this sport and our country so much so it is awesome to show our depth."

The race was originally stopped due to heavy snow after the first seven sleds went down the track. Officials planned to call the race off, but after a lengthy delay, the weather cleared, and a one-run race was re-started from scratch.
THE CANADIAN PRESS

PREMIER LEAGUE

City slips further from title picture

The Premier League season is barely past the halfway point and already Manchester City manager Pep Guardiola has virtually given up on winning the title.

The world's most coveted coach can't have envisaged his first year in English soccer being this tough.

It takes something special to overshadow a match between bitter rivals Manchester United and Liverpool, but City's 4-0 loss at Everton on Sunday did just that.

As he slumped to the heaviest loss of his career in a domestic league match, Guardiola — with his arms folded — was seen staring into space while he sat in the Goodison Park dugout. At other times, he had his face in his hands.

City has dropped out of the Champions Leagues positions, into fifth place, and 10 points adrift of leader Chelsea.

Asked if the gap to first place was now too great, Guardiola said: "(To) the first one? Yes. Ten points is a lot of points. The second one is three points. We have to see."

Man United kicked off less than an hour after City's drubbing but couldn't get a win that would have put the neighbours even on points, drawing 1-1 with Liverpool at Old Trafford.

After 21 of 38 games, City and United — the two pre-season title favourites — are outside the top four. THE ASSOCIATED PRESS

SUNDAY At Dallas

34	31
PACKERS	COWBOYS

NFL PLAYOFFS
PACKERS STUN COWBOYS WITH LAST-SECOND KICK
Ty Montgomery of the Green Bay Packers lunges into the end zone for a touchdown during the an NFC divisional-round game against the Dallas Cowboys at AT&T Stadium in Arlington, Texas, on Sunday. Mason Crosby kicked a 51-yard field goal as time expired to give Green Bay a 34-31 win. The Packers will take on the Atlanta Falcons, who defeated the Seattle Seahawks 36-20 on Saturday, in the NFC championship game next Sunday.
TOM PENNINGTON/GETTY IMAGES

NBA

DeRozan, Lowry efficient for Raps

SUNDAY In Toronto

116	101
RAPTORS	KNICKS

Late in the third quarter Sunday afternoon, Kyle Lowry threw his arms in the air gesturing the Air Canada Centre crowd to stand up cheer.

The fans needed little prodding.

DeMar DeRozan had just scored on a driving dunk as part of a thoroughly dominant third-quarter performance by the Toronto Raptors, en route to a 116-101 victory over a horrible New York Knicks team.

DeRozan finished with 23 points, while Lowry had 16 to go with nine assists, in just 28 minutes of action apiece from the two all-stars.

The Raptors (27-13) are now 8-0 against Atlantic Division opponents. THE CANADIAN PRESS

SKIING

Canadians golden in cross-country team sprint
Canadians Alex Harvey and Lenny Valjas, won gold in the team sprint on Sunday at a cross-country skiing World Cup.

Harvey, from Saint Ferreol-les-Neiges, Que., and Toronto's Valjas played air guitar on their skis in the finish area after winning in 16 minutes 2.11 seconds.

It was the first time Canada has won a team sprint event since the 2011 world championships.
THE CANADIAN PRESS

SKI CROSS

Thompson racks up another victory

Marielle Thompson of Whistler, B.C., saved her best run for last on Sunday, winning gold in women's ski cross while Calgary's Brady Leman took silver in the men's event at the World Cup in Watles, Italy.

Thompson took an early lead in the final heat and held it all the way down the track to win the title.

It was the fourth victory of the season for the overall World Cup leader.

Leman earned his second silver in as many days, making it his fourth podium finish of the season.

Switzerland's Alex Fiva won the men's race ahead of Leman and Switzerland's Armin Niederer.

Georgia Simmerling of West Vancouver, B.C, won a silver on Saturday in the women's event, but crashed on Sunday over the finish line in her semi-final. The hard crash sidelined her for the final.
THE CANADIAN PRESS

Manchester City's John Stones, right, vies for the ball against Everton's Ramiro Funes Mori, left, and Mason Holgate in Liverpool Sunday.
PAUL ELLIS/AFP/GETTY IMAGES

MAKE IT TONIGHT

Creamy Black Bean Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This soup will bring you to warmer temperatures of the Southwest.

Ready in 50 minutes
Prep time: 20 minutes
Cook time: 30 minutes
Serves 4

Ingredients
For the soup:
- 2 or 3 slices bacon
- chopped (optional)
- glug of olive oil
- 1 onion, chopped
- 3 cloves of garlic, minced
- 2 carrots, chopped small
- 2 stalks of celery, chopped
- 1 bunch cilantro, washed well, stems minced (keep leaves for salsa)
- 1 tsp cumin
- 2 19-oz cans of black beans, rinsed
- 1 litre container low sodium chicken stock
- pinch of pepper

For the Salsa:
- 1/2 ripe avocado, diced
- 1 lime, juiced
- 1/2 tomato diced
- handful of cilantro leaves
- 1 Tbsp of olive oil
- pinch of chili pepper, minced (add more if you want more kick)

Directions
1. In a heavy-bottomed large pot, saute bacon in a bit of olive oil over medium until they crisp. Add onion, garlic, cilantro stalks, carrots and celery and allow to soften, about 5 minutes. Add cumin and cook for another minute. Pour in rinsed beans and stock. Cover and simmer up to 40 minutes over very low heat. Stir every 5 minutes.

2. Chop up your salsa ingredients and let them sit together in a bowl to let flavours develop.

3. Take soup off heat and cool. Use a blender to puree in small batches or an immersion blender to make a puree. Season to taste. Serve plain or with plain yogurt and salsa.

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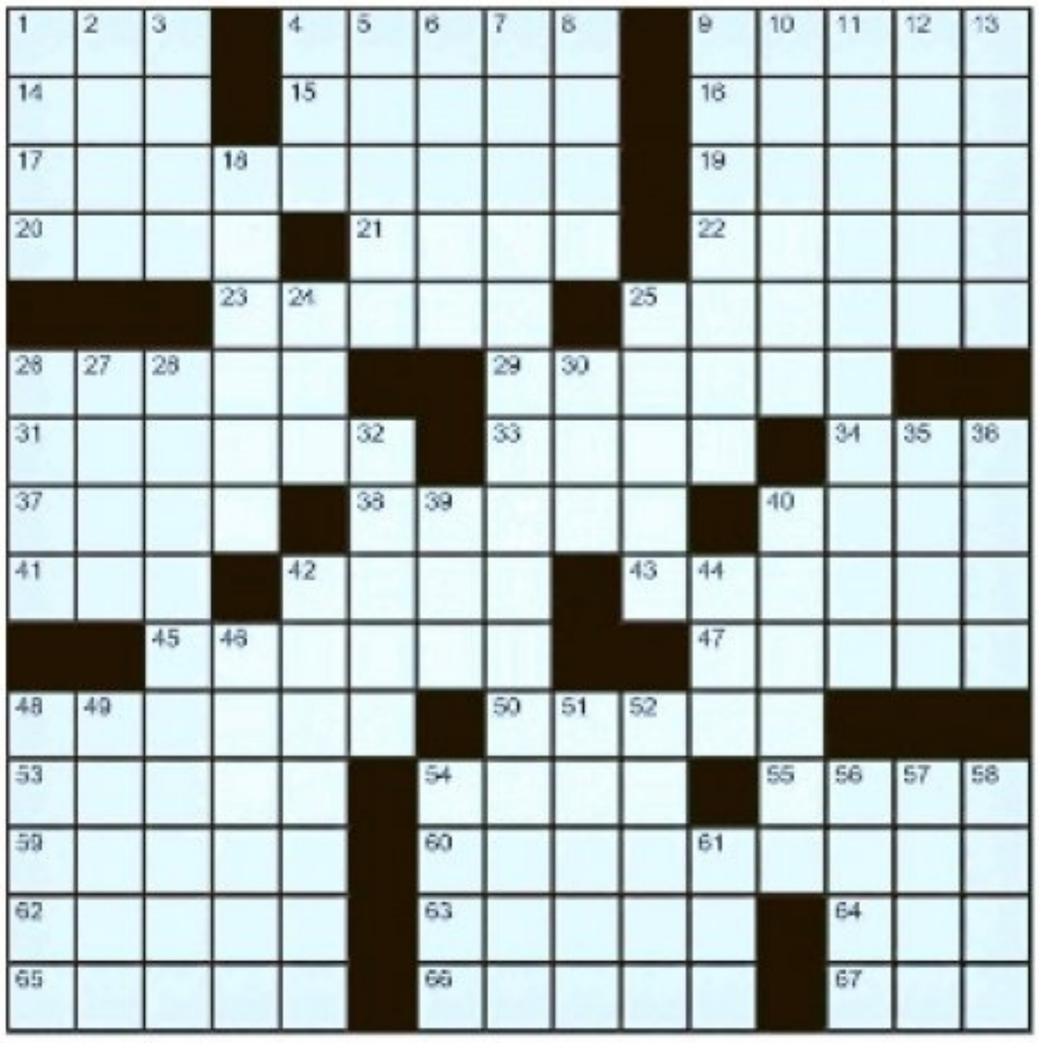
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Alfred E. Neuman's magazine
4. Montrealer's 'thanks'
9. Stinging insects
14. Pres. Lincoln
15. Declares with certainty
16. Nifty neckwear
17. 'We Are Experiencing _ Difficulties'
19. Marshy tract
20. Blackthorn fruit
21. Lounge/idle
22. Veronica Lodge's father in Archie Comics
23. Hoarse
25. They're used in the prep of apple desserts
26. Someone sulking
29. "You _ Be Dancing" by The Bee Gees
31. State not attached to The States
33. Lemony
34. Aye
37. Delicate, as doilies
38. Tree _ (Forest 'chair')
40. Legendary Canuck comedy sketch series
41. 'Impress' suffix
42. CEO's "Now!"
43. Beethoven's 'Moonlight'
45. Deli sandwich ingredient
47. Ceremonies
48. Wine from Spain
50. Harped on
53. Second Cup offering
54. Shredded cabbage
55. Hint
59. Ancient seaport of Rome
60. Silverware maintenance chore
62. War horse
63. Barbra Streisand/Ryan O'Neal movie, "The Main _" (1979)
64. Charles Dickens: Bleak House girl
65. He met Sally in the rom-com
66. Cut orange portion
67. Bryan's co-singers on "All for Love", Sting and _

DOWN
1. Front hallway rugs
2. Genesis son
3. Art _ (Design style)
4. "I'm Your _" by Leonard Cohen
5. Wickednesses
6. Summary
7. Ryan Gosling romantic comedy of 2011 starring Steve Carell: 3 wds.
8. Tropical vacation spot
9. Clunker
10. Whirling
11. Chicken
12. Like an expedition waaaay up north
13. Bouquet 'handles'
18. Unorthodox belief
24. Sacred chest
25. Beatles business, Apple _
26. French Sudan, now
27. Antarctica's Prince _ Coast
28. One up ahead in a field of racers
30. Spotlight lover
32. Ore evaluation
35. 'Bachelor' suffix
36. Ms. Gardner's
39. Tartan-decorated topper
40. Stool pigeon
42. "Wow! That was quick!"
44. Basketball's li'l Magic city
46. More creatively crafty
48. Splash
49. "_ la vista, baby." - The Terminator
51. As the lines in corduroy fabric
52. Southfork family on the famous prime time soap
54. Disgorge
56. Beguiler
57. Nullify
58. "Holy cow!"
61. Female saint in France [abbr.]

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with others at work today, because this is a tough day for everyone. People are quick to anger, and they also are quick to be critical and gloomy.

Taurus April 21 - May 21
This is a tough day for romance. Romantic quarrels might break out, especially about money and shared possessions. Parents must be patient with their kids.

Gemini May 22 - June 21
Discussions with partners and family members are difficult today. Do your best to avoid family arguments. Put a lid on things. (You won't regret it.)

Cancer June 22 - July 23
This is a quarrelsome day, especially with siblings, relatives and neighbours. Knowing this ahead of time, you can practice patience and set the bar for everyone.

Leo July 24 - Aug. 23
Your financial scene might depress you today. Perhaps you will have an argument with someone about money or possessions, especially when having to do with your kids. Just be cool.

Virgo Aug. 24 - Sept. 23
The main thing today is to avoid arguments with partners, close friends and family members — especially older family members. You don't need this.

Libra Sept. 24 - Oct. 23
You might be annoyed with someone today, but feel you cannot speak up. This is just as well, because everyone is argumentative today. It's not good!

Scorpio Oct. 24 - Nov. 22
Avoid quarrels with friends or members of groups today, especially about money or possessions. Let's face it — there is never enough money. That's how it works.

Sagittarius Nov. 23 - Dec. 21
This is a poor day to get into an argument with a boss or parent, because it could turn nasty. People are easily discouraged and critical today. Take the high road.

Capricorn Dec. 22 - Jan. 20
Avoid controversial subjects like politics, religion and racial issues today, because they will become unpleasant.

Aquarius Jan. 21 - Feb. 19
Disagreements about inheritances and shared property are likely today, especially if an old friend is involved. This is a poor day to resolve anything. Therefore, be courteous and cooperative.

Pisces
Feb. 20 - March 20
Conversations with partners and close friends will disappoint you today because people are standoffish, cold and judgmental. Yikes! It happens.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8				2			
9	5		1		4			
				2		8	3	
	1		7			5		
4		8			9		1	
	6			3		4		
7	2		6					
		3		5		2	4	
		6				9		

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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7	9	2	4	5	1	6	8	3
5	1	6	3	2	8	7	9	4
4	8	3	6	9	7	1	5	2
6	2	8	1	4	5	3	7	9
9	4	7	2	6	3	8	1	5
3	5	1	8	7	9	2	4	6
1	3	9	5	8	6	4	2	7
2	6	5	7	1	4	9	3	8
8	7	4	9	3	2	5	6	1

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